



Kristen Brown, *Mayor*
Jason Maddix, *Chief of Police*

**COLUMBUS POLICE DEPARTMENT
WOMEN'S SELF DEFENSE COURSE
APPLICATION**

Name: _____

Address: _____
(Number and Street (Apt.#), City, State, Zip)

Date of Birth: _____ Home Number: _____

Work/Cell Phone: _____

Work Address: _____

E-mail Address: _____

***All above fields are required and are for Department use ONLY.**

The purpose of the Columbus Police Departments Women's Self Defense Course is to educate and teach basic self-defense to females in our community.

There is no cost for this course.

The course will run for three consecutive weeks at Columbus North High School Wrestling room.

The dates are April 29th, May 6th and May 13th. These are Tuesday evenings. The class will run from 6-8pm each session.

Attire for attendees is gym style clothing and NO Jewelry.

The session will start with a basic self-defense and awareness PowerPoint followed by some Self Defense basics. Each week, we will progress through striking, kicking, some basic escapes and human targeting.

Applications need to be sent or dropped off at the Columbus Police Department, 123 Washington St. 47201. Attention: Sgt. Curt Beverage. Applications can also be sent by e-mail to cbeverage@columbus.in.gov

"To Protect and Serve"